武術・氣功

少林虎拳 （中英對照）
少林龍形拳 （中英對照）
圖解少林擒拿術 （中英對照）
南北少林綜合拳 （中英對照）
北少林彈腿十二路 （中英對照）
太極螳螂奪命扇 （中英對照）
太極螳螂攔接拳 （中英對照）
北螳螂攔截拳 （中英對照）
北螳螂黑虎交叉拳 （中英對照）
蔡李佛家梅花拳 （中英對照）
蔡李佛金豹平睜拳 （中英對照）
蔡李佛家白模拳 （中英對照）
蔡李佛行者棍 （中英對照）
蔡李佛家平拳 （中英對照）
二十四連環腿法 （中英對照）
流民派阿摩搪牆掌 （中英對照）
喇嘛派智慧劍 （中英對照）
太極氣功彙編 （中英對照）

Chinese Kung Fu • Qigong

Shaolin Tiger Boxing
Shaolin Dragon-Style Boxing
Illustrated Shaolin Grappling Kung Fu
Northern and Southern Shaolin Synthesis Boxing
Northern Shaolin Twelve Tantui Boxing Series
Tai Chi Tanglang Killing Fanplay
Tai Chi Mantis Volley – Catch Boxing
Northern Mantis Intercepting Boxing
Northern Mantis Black Tiger Intersectional Boxing
Tsai Lee Fo Chia Plum Blossom Boxing
Tsai Lee Fo Chin Pao Ping Cheng Chuan
Tsai Lee Fo Chia Pai Mo Chuan
Tsai Lee Fo Monks' Waddyplay
Tsai Lee Fo Chia Ping Chuan
Twenty Four Running Foot Strokes
Wanderers' School Amo Tangchiang Palmplay
The Intelligent Swordplay of the Lamaist School
The Corpus of Taiji Breathing Exercises (Qigong)

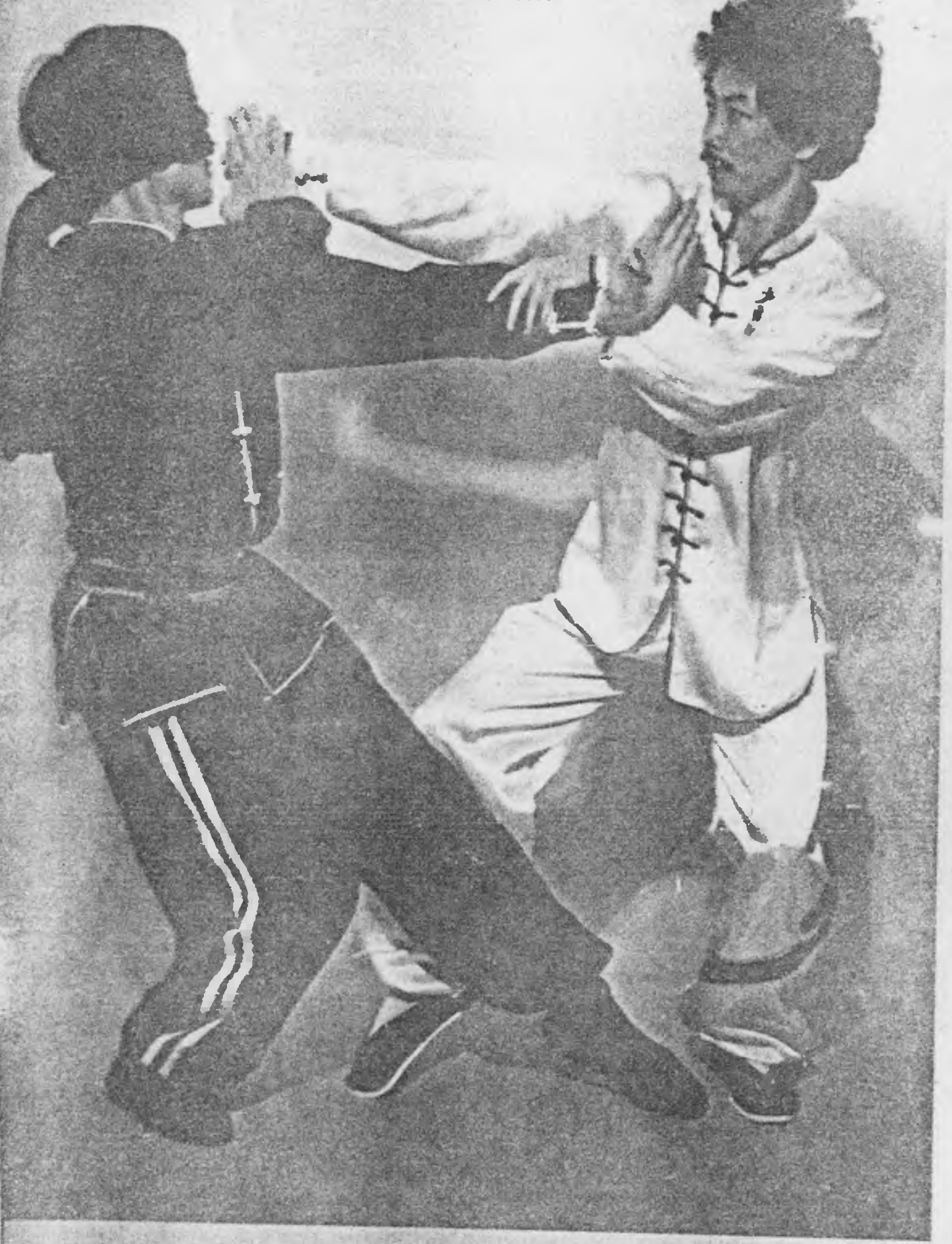
Published & Printed
in Hong Kong

13.50

Tsai Lee Fo Chia Pai Mo Chuan

By Hui Tin Hing & Yan Sang

CHINESE–ENGLISH
中英對照



香港 藝美圖書公司 出版
YIH MEI BOOK CO.

蔡李佛 白模拳

陳健民著

許田興 隱僧 編著

蔡李佛家白模拳

Tsai Lee Fo Chia Pai Mo Chuan

許田興　隱僧編著

By Hui Tin Hing & Yan Sang

香港藝美圖書公司出版

YIH MEI BOOK CO.

目　錄 CONTENTS

白模拳簡介及拳譜 1

A Brief Introduction to Pai Mo Chuan 4

許田興教練略歷 6

The Resume of Coach Hui Tin Hing 7

白模拳圖解 8

The Illustration of Pai Mo Chuan 8

白模拳簡介及拳譜

蔡李佛拳派興起於十九世紀中葉，即清朝道光年間，迄今已有一百多年的歷史。它流傳範圍很廣，門徒遍及海內外，爲中國南方著名拳派之一。

蔡李佛拳派爲廣東新會人陳享先生所創，陳享先生是武術世家，他從小嗜好武藝，曾先後拜蔡福、李友山、青草和尙習技。經不斷研究，他綜合廣東之蔡家拳、李家腿、佛門掌等三家拳派之長，融滙一體而成蔡李佛拳，獨創一派。其後此拳派代代相傳，不斷發揚。

陳享始祖逝世以後，其子官伯、安伯繼承父業，他們培育出陳耀墀、陳大順、梁貴、黃福、方玉書等一批高徒，其中方玉書宗師成爲此派的第三代傳人。其後陳漢雄先師得方宗師眞傳，成爲第四代傳人。

陳漢雄先師初設舘於廣州市，後來到香港發揚此派武藝，其門徒不可勝數，而其嫡子陳健民師傅秉承父志，在香港大力發揚此派拳藝，爲第五代傳人。

蔡李佛拳派有數十種套路，分高、中、初三級。其特點是快速、靈活，剛柔兼備；手法長傳急攻，連消帶打，左右開弓；步法靈活而多變。此拳派動作較舒展，出拳剛勁有力，長短勁混發，多腿法，擅跳躍，運動範圍較大，用以鍛練身心、防禦自衞都十分適宜。

白模拳爲蔡李佛拳派中之中級套路之一，其變化以大運手爲主，配以連消帶打、手去身離之訣要。動作舒展大方，功能强身健體。

此套白模拳得蔡李佛拳派第五代傳人陳健民師傅之同意，特囑門人許田興教練示範演式。許教練習此派武藝多年，深得蔡李佛拳

技之精髓，現任陳健民體育會武術教練，香港政府康體總處兼職武術導師。

一 弓式殺掌	二 偷馬穿掌	三 吊馬拋掌
四 偷馬展翅	五 吊馬拋掌	六 吊馬殺掌
七 偷馬穿手	八 吊馬拋手	九 偷馬展翅
一〇 吊馬拋手	十一 偷馬展翅	十二 吊馬拋手
十三 弓式展手	十四 扭馬榜手	十五 上馬虎爪
十六 吊馬展拳	十七 魁星踢斗	十八 子午金較剪
十九 分手吊馬	二〇 麒麟見禮	二一 轉後見禮
二二 正面見禮	二三 偷馬展翅	二四 子午撩陰
二五 扭馬殺掌	二七 踏馬殺喉掌	二七 子午雙虎爪
二八 四平雙拳	二九 四平展肘	三〇 四平扳手
三一 四平收拳	三二 四平雙陽拳	三三 定式收拳
三四 踏馬虎爪手	三五 子午掛展拳	三六 右踏馬殺拳
三七 左踏馬殺拳	三八 子午撞拳	三九 左踏馬殺拳
四〇 右踏馬殺拳	四一 子午撞拳	四二 子午撻掌
四三 扭馬爪手	四四 掛掌踢脚	四五 踏馬掛拳
四六 轉身撞拳	四七 吊馬分手	四八 四平展掌
四九 踏馬掛拳	五〇 轉身輪拳	五一 吊馬穿手
五二 四平掃拳	五三 子午掛拳	五四 虎 爪
五五 樵夫問路	五六 吊馬榜掌	五七 吊馬殺掌
五八 吊馬撻掌	五九 吊馬二龍取珠	六〇 扭馬撻掌
六一 右展脚穿陰掌	六二 左展脚穿陰掌	六三 麒麟殺拳
六四 子午撻掌	六五 四平撞拳	六六 踏馬打拳
六七 魁星踢腿	六八 子午掛拳	六九 四平撻拳
七〇 踏馬雙鞭	七一 小跳八卦腿	七二 吊馬展掌

七三 展掌踢腿	七四 右展腿穿陰爪	七五 踏馬單鞭拳
七六 轉身撞拳	七七 吊馬分手	七八 四平撞拳
七九 麒麟撻拳	八〇 偷馬展翅	八一 吊馬見禮
八二 子午雙掛拳	八三 定式收拳	

勤學苦練

A Brief Introduction to Pai Mo Chuan

The school of Tsai Lee Fo Chia Chuan sprang up in the middle of the 19th century, i.e. during Daoguang Years (1821-1850) of the Qing Dynasty, and has had a history of more than 100 years. It has spread to a very large extent with its disciples found everywhere both in China and abroad. It is one of the famous boxing schools in the south of China.

The school of Tsai Lee Fo Chia Chuan was founded by Mr. Chan Heung, a native of Xinhui County of Guangdong Province. Mr. Chan Heung came from an old and well-known martial family. He had had a liking for martial arts since his childhood and had learnt feats in turn from Tsai Fook, Lee Yau Shan and Buddhist Monk Ching Cho. Through continuous research, he combined the strong points of the three boxing schools in Guangdong, i.e. the boxing of Tsai's school, the legplay of Lee's school and the palmplay of the Buddhist school, and integrated them into a new school of his own, namely, Tsai Lee Fo Chia Chuan. Afterwards, the boxing school has been handed down from generation to generation and constantly developed.

After Founder Chan Heung passed away, his sons Koon Pak and On Pak inherited their father's undertaking and brought up a lot of outstanding disciples, such as Chan Yiu Sai, Chan Tai Shun, Leung Kuei, Wong Fook and Fong Yu Shu. Among them, Great Master Fong Yu Shu became the inheritor of the third generation. Later late Master Chan Hong Heung really got what Great Master Fong had taught him and became the fourth inheritor.

Late Master Chan Hong Heung first set up a martial school in the city of Guangzhou and later came to Hong Kong to carry forward this school's martial arts. He had countless disciples and his son Chan Kin Man has acted on his father's will by making great efforts to develop the boxing arts of this school in Hong

Kong. He is the fifth inheritor of the school.

The school of Tsai Lee Fo Chia Chuan has scores of series which are divided into junior, middle and senior levels. They feature swiftness, flexibility and combination of firmness and gentleness. In their handwork, both hands are alternately shot long out for swift attacks, striking the opponent while dispelling his attack. Their footwork is both flexible and changeable. The movements of this boxing school are relatively unfolding with the fists rushed out firmly and forcefully by exerting long and short forces in a mixed way. This school is composed of more legwork and good at jumps and leaps within a rather large scope of movements. The series are very suitable for both the training of body and mind and self defence.

Pai Mo Chuan is one of the middle-level series of the school of Tsai Lee Fo Chia Chuan with the large revolving of the hands making up its main variation in combination with the essentials of striking the opponent while dispelling his attacks and rushing the hands out by keeping the body away. The movements are unfolding and natural with the function of strengthening the body.

With the consent of Master Chan Kin Man, the fifth inheritor of the school of Tsai Lee Fo Chia Chuan, Coach Hui Tin Hing, his disciple, has been told to demonstrate this series of Pai Mo Chuan for us. Coach Hui has been learning the martial arts of this school for many years and has a profound mastery of the quintessence of the skills of Tsai Lee Fo Chia Chuan. He is now acting as the Wushu coach of the Chan Kin Man Sports Association and the part-time Wushu instructor of the General Office for Recreation and Sports of the Hong Kong Government.

許田興教練略歷

許田興教練廣西北流縣人，性嗜武術，隨陳健民師傅學習南北拳械多年，精南北獅武藝。常遊歷名山大川，並到各地觀摩武術風格。爲香港武術協會執行委員，並兼任香港政府康樂體育事務處新界長康體育中心A、B、C、D班武術導師。

1982年在南京參加國際友好武術賽，獲頒發優秀運動員獎狀，1983年在廣東省隊選拔賽中示範南拳，1984年參加省港武術滙演大會表演南獅。

他的著作有《蔡李佛金豹平睜拳》及《蔡李佛家白模拳》。

許田興教練演式

The Resume of Coach Hui Tin Hing

Coach Hui Tin Hing is a native of Beiliu County of Guangxi Province. He has a liking for Wushu (Chinese martial arts). He has learnt both northern and southern boxing series and plays of apparatus from Master Chan Kin Man for many years and is goot at both northern and southern lion dances. He often travels extensively around famous mountains and major rivers in China for the purpose of viewing and emulating the styles of Wushu in every place. He is member of executive committee of the Hong Kong Chinese Martial Arts Association and also a Wushu instructor of Classes A, B, C and D in the Cheung Hong Sports Centre in New Territories under the General Office for Recreation and Sports of the Hong Kong Government.

In 1982, he was granted a certificate of merit for an excellent athlete in the Nanjing International Friendly Wushu Tournament. In 1982, he demonstrated Nan Chuan (Southern Boxing) in the selective trials for the provincial Wushu team of Guangdong. In 1984, he played the southern lion dance in the Wushu Joint Performance of Guangzhou and Hong Kong.

His works include "Tsai Lee Fo Chia Chin Pao Ping Cheng Chuan", "Tsai Lee Fo Chia Pai Mou Chuan", etc..

白模拳圖解

The Illustrations of Pai Mo Chuan

第一式　弓式殺掌

動作說明　身形朝向右方站立，雙脚合併，雙膝下曲，左手成掌，以反掌勢向上舉，掌心向上，右掌下垂斜伸小腹前，掌心向上，目注右方，此爲白模拳之起式，如圖1。

Posture 1 — Posing Both Arms as if to Kill the Opponent with a Bow

Movements: Stand with the body facing the right, bringing both feet together and bending both knees; make the left hand a flat palm, hold it up in an inverted way with its hollow facing upward and droop the right one slantingly down in front of the lower abdomen with its hollow facing upward, looking to the right. This is the starting gesture of Pai Mo Chuan, as in Fig. 1.

圖 1
Fig. 1

第二式　偸馬穿掌

動作說明　承上式，左脚向左方後偸一步，曲膝，脚尖着地，脚跟翹起，右膝下曲成偸馬，右掌向後上方穿上，左掌下沉，曲肘橫放護於胸前，目注右掌，如圖2。

Posture 2 — Stealing a Step Backward and Threading One Palm Up

Movements: Following the preceding posture, steal the left foot a step backward to the left backside, bend the knee to touch the ground with the tip of the foot by raising the heel, bend the right knee to lower the body, thread the right palm up to the upper backside and sink the left one to place it levelly in front of the chest for protection with the elbow bent, looking at the right palm, as in Fig. 2.

圖 2
Fig. 2

第三式　吊馬抛掌

動作說明　承上式，右脚在原位不動，左脚向前方進上一步，脚尖點地，脚跟翹起，膝微曲而成吊馬，右掌由後上方經下方向前上方抛上，身形隨之轉向前方，左掌斜垂身後，目注前方，如圖3。

Posture 3 – Touching the Ground with the Tip of One Foot and Tossing One Palm

Movements: Following the preceding posture and keeping the right foot in the original position, move the left one a step forward to the front, touch the ground with its tip by raising the heel and bending the knee slightly and toss the right palm from the upper backside via the lower side to the upper front, turning the body according to the front, drooping the left one slantingly behind the body and looking to the front, as in Fig. 3.

圖 3
Fig. 3

第四式　偸馬展翅

動作說明　承上式，右脚在原位不動，左脚向後方後偸一步，曲膝，脚尖着地，脚跟翹起成偸馬，右掌由前上方經上方向後方平肩殺落，左掌由後下方經上方向前方平肩殺落，目注前方，如圖4。

Posture 4 – Stealing a Step Backward and Spreading the Wings

Movements: Following the preceding posture and keeping the right foot in the original position, steal the left one a step backward to the backside, bend the knee to touch the ground with the tip of the foot by raising the heel and bending the right knee, smash the right palm down from the upper front via the upper side to the level of the shoulders on the backside, lift the left one from the lower backside and smash it down via the upper side to the level of the shoulders in the front, looking to the front, as in Fig. 4.

圖 4
Fig. 4

第五式　吊馬拋掌

動作說明　承上式，右脚在原位不動，左脚由後方向前方進上一步，膝微曲，脚尖點地，脚跟翹起成吊馬，右掌由後方經下方向前上方拋起，左掌由前方回收斜垂身後，目注右掌，如圖5。

Posture 5 — Touching the Ground with the Tip of One Foot and Tossing One Palm

Movements: Following the preceding posture and keeping the right foot in the original position, move the left foot a step forward from the backside to the front, bend the knee slightly to touch the ground with the tip of the foot by raising the heel, toss the right palm from the backside via the lower side to the upper front and draw the left one back from the front to droop it slantingly behind the body, looking at the right palm, as in Fig. 5.

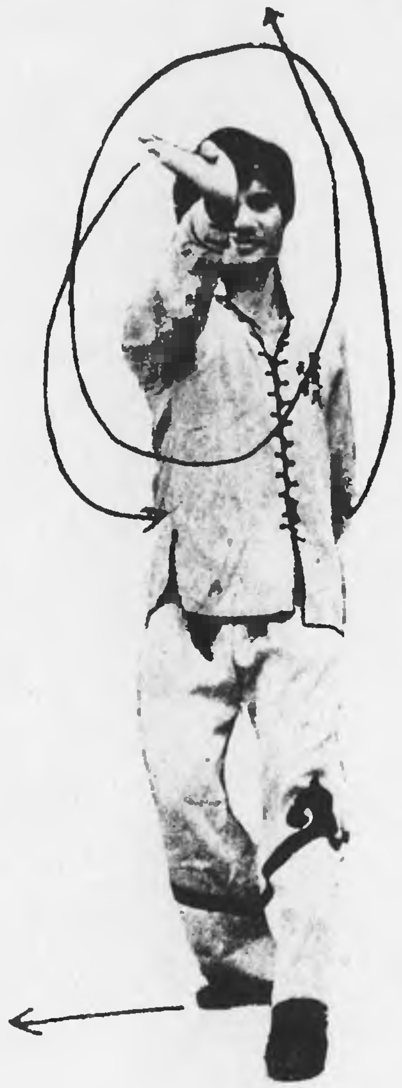


圖 5
Fig. 5

第六式　吊馬殺掌

動作說明　承上式，左脚跟落回地面，在原位不動，右脚向右方橫開一方，膝微曲，脚尖點地，脚跟翹起成吊馬，右掌由前方曲肘向小腹前殺落，掌心向上，左掌由後下方經上方在身前劃一圈再向上擧，掌心向上，身形朝向右前方，目注右前方，如圖6。

Posture 6 — Touching the Ground with the Tip of One Foot and Smashing One Palm Down

Movements: Following the preceding posture, drop the right heel back on the ground, keep the foot in the original position, move the right one a step transversely to the right, bend the knee slightly to touch the ground with the tip of the foot by raising the heel, smash the right palm down from the front to front of the lower abdomen with the elbow bent, revolve the left one in a circle in front of the body from the lower backside via the upper side and then hold it up with its hollow facing upward, turning the body to the right front and looking to the right front, as in Fig. 6.

圖 6
Fig. 6

第五式　吊馬拋掌

動作說明　承上式，右脚在原位不動，左脚由後方向前方進上一步，膝微曲，脚尖點地，脚跟翹起成吊馬，右掌由後方經下方向前上方拋起，左掌由前方回收斜垂身後，目注右掌，如圖 5。

Posture 5 — Touching the Ground with the Tip of One Foot and Tossing One Palm

Movements: Following the preceding posture and keeping the right foot in the original position, move the left foot a step forward from the backside to the front, bend the knee slightly to touch the ground with the tip of the foot by raising the heel, toss the right palm from the backside via the lower side to the upper front and draw the left one back from the front to droop it slantingly behind the body, looking at the right palm, as in Fig. 5.

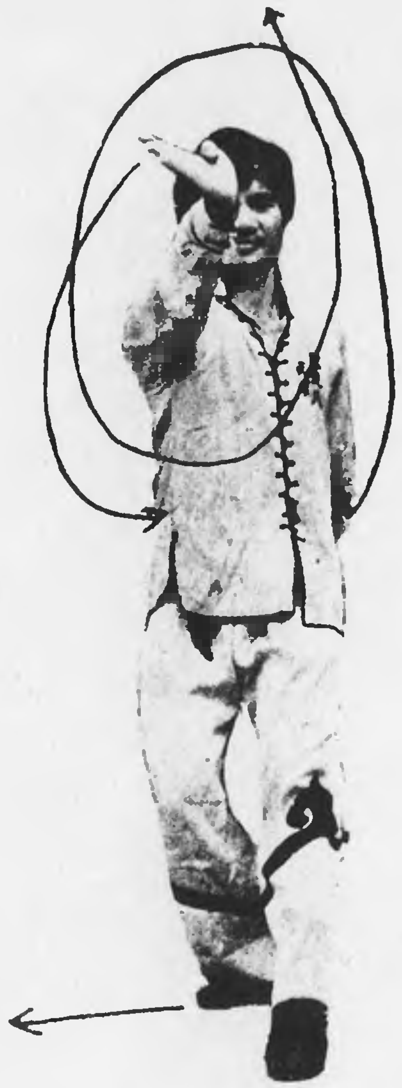


圖 5
Fig. 5

第六式　吊馬殺掌

動作說明　承上式，左脚跟落回地面，在原位不動，右脚向右方橫開一方，膝微曲，脚尖點地，脚跟翹起成吊馬，右掌由前方曲肘向小腹前殺落，掌心向上，左掌由後下方經上方在身前劃一圈再向上擧，掌心向上，身形朝向右前方，目注右前方，如圖 6。

Posture 6 — Touching the Ground with the Tip of One Foot and Smashing One Palm Down

Movements: Following the preceding posture, drop the right heel back on the ground, keep the foot in the original position, move the right one a step transversely to the right, bend the knee slightly to touch the ground with the tip of the foot by raising the heel, smash the right palm down from the front to front of the lower abdomen with the elbow bent, revolve the left one in a circle in front of the body from the lower backside via the upper side and then hold it up with its hollow facing upward, turning the body to the right front and looking to the right front, as in Fig. 6.

圖 6
Fig. 6

第七式　偸馬穿手

動作說明　承上式，右脚向前方横拉半步，膝微曲，左脚向右方偸進一步，膝下曲，脚尖點地，脚跟翹起成偸馬，右掌向右上方穿上，左掌下沉回收，曲肘横放護於胸前，目注右掌，如圖 7。

Posture 7 — Stealing a Step Forward and Threading One Palm Up

Movements: Following the preceding posture, draw the right foot half a step transversely to the front, bend the knee slightly, steal the left foot a step forward to the right, bend the knee to touch the ground with the tip of the foot by raising the heel, thread the right palm up to the upper right, sink the left one to draw it back and place it levelly in front of the chest for protection with the elbow bent, looking at the right palm, as in Fig. 7.

圖 7
Fig. 7

第八式　吊馬抛手

動作說明　承上式，右脚在原位不動，左脚向左方進上一步，脚尖點地，脚跟翹起成吊馬，左手化掌成勾手經上方向右下方勾落，右掌由右上方經下方向左上方抛上，身形轉向左後方，目注右掌，如圖 8。

Posture 8 — Touching the Ground with the Tip of One Foot and Tossing One Hand

Movements: Following the preceding posture and keeping the right foot in the original position, move the left one a step forward to the left, touch the ground with its tip by raising the heel, turn the left palm into a hooked hand, hook it down via the upper side to the lower right and toss the right palm from the upper right via the lower side to the upper left, turning the body to the left backside and looking at the right palm, as in Fig. 8.

圖 8
Fig. 8

第九式　偸馬展翅

動作說明　承上式，右脚在原位不動，左脚向右方後偸一步，脚尖點地，脚跟翹起，膝下曲成偸馬，右掌從上方向右方平肩殺落，左手化勾手成掌，經上方向左方平肩殺落，身形轉向前方，目注左方，如圖 9。

Posture 9 – Stealing a Step Backward and Spreading the Wings

Movements: Following the preceding posture and keeping the right foot in the original position, steal the left one a step backward to the right, touch the ground with its tip by raising the heel, bend the knee to lower the body, smash the right palm down from above to the level of the shoulders on the right, turn the left hooked hand into a flat palm and smash it down via the upper side to the level of the shoulders on the left, turning the body to the front and looking to the left, as in Fig. 9.

圖 9
Fig. 9

第十式　吊馬拋手

動作說明　承上式，右脚在原位不動，左脚向左方進上一步，脚尖點地，脚跟翹起，右膝下曲成吊馬，右掌由右方經下方向左上方拋起，左手化掌成勾手，由左方經上方向右下方勾落，身形轉向左後方，目注右掌，如圖10。

Posture 10 – Touching the Ground with the Tip of One Foot and Tossing One Hand

Movements: Following the preceding posture and keeping the right foot in the original position, move the left one a step forward to the left, touch the ground with its tip by raising the heel, bend the right knee, toss the right palm from the right via the lower side to the upper left, change the left palm into a hooked hand and hook it down from the left via the upper side to the lower right, turning the body to the left backside and looking at the right palm, as in Fig. 10.

圖 10
Fig. 10

第十一式　偷馬展翅

動作說明　承上式，右脚在原位不動，左脚向右方後偷一步，脚尖點地，脚跟翹起，膝下曲成偷馬，右掌經上方向右方平肩殺落，左手化勾手成掌，經上方向左方平肩殺落，身形轉向前方，目注左方，如圖11。

Posture 11 — Stealing a Step Backward and Spreading the Wings

Movements: Following the preceding posture and keeping the right foot in the original position, steal the left one a step backward to the right, touch the ground with its tip by raising the heel, bend the knee to lower the body, smash the right palm down via the upper side to the level of the shoulders on the right, change the left hooked hand into a flat palm and smash it down via the upper side to the level of the shoulders on the left, turning the body to the front and looking to the left, as in Fig. 11.

圖 11
Fig. 11

第十二式　吊馬拋手

動作說明　承上式，右脚在原位不動，左脚向左方進上一步，脚尖點地，脚跟翹起，右膝下曲成吊馬，右掌由右方經下方向左上方拋起，左手化掌成勾手，由左方經上方向右下方勾落，身形轉向左後方，目注右掌，如圖12。

Posture 12 — Touching the Ground with the Tip of One Foot and Tossing One Hand

Movements: Following the preceding posture and keeping the right foot in the original position, move the left one a step forward to the left, touch the ground with its tip by raising the heel, bend the right knee, toss the right palm from the right via the lower side to the upper left, change the left palm into a hooked hand and hook it down from the left via the upper side to the lower right, turning the body to the left backside and looking at the right palm, as in Fig. 12.

圖 12
Fig. 12

第十三式　弓式展手

動作說明　承上式，左脚向後方橫退一步，右膝下曲，左腿蹬直成子午馬，身形轉向左前方，右手反掌向前上方斜擧，左手化勾手成掌，回收後下方，目注左方，如圖13。

Posture 13 — Bowing One Leg Forward and Spreading Both Hands

Movements: Following the preceding posture, draw the left foot a step transversely to the backside, bend the right knee, stretch the left leg to bow the right one forward, turn the body to the left front, hold the right palm slantingly up to the upper front in an inverted way, turn the left hooked hand into a flat palm and draw it back to the lower backside, looking to the left, as in Fig. 13.

圖　13
Fig. 13

第十四式　扭馬榜手

動作說明　承上式，左脚向左前方進上一步，右脚隨之向左前方進上一步，身形轉向右後方，左膝下曲，右膝下跪，脚尖着地，脚跟翹起成跪馬，右掌由前上方隨轉身勢向後下方按落，左手由後下方向上擧護於頭頂，目注後方，如圖14。

Posture 14 — Crossing Both Legs and Moving Both Hands Separately Up and Down

Movements: Following the preceding posture, move the left foot a step forward to the left front, move the right foot a step forward accordingly to the left front, turn the body to the right backside, bend the left knee, kneel down on the right knee with the tip of the foot touching the ground and the heel raised, press the right palm down from the upper front to the lower backside along with the turn of the body and lift the left hand up from the lower backside to hold it up above the head for protection, looking to the backside, as in Fig. 14.

圖　14
Fig. 14

第十五式　上馬虎爪

動作說明　承上式，右脚向後方進上一步，膝下曲，左腿蹬直成子午馬，右手成虎爪向後方撲抓而出，左掌下沉回收，曲肘横放護於右肩前，目注虎爪，如圖15。

Posture 15 — Moving Forward and Throwing One Hand Out like a Tiger Paw

Movements: Following the preceding posture, move the right foot a step forward to the backside, bend the knee, stretch the left leg to bow the right one forward, shape the right hand like a tiger paw, throw it out to the backside, sink the left palm to draw it back and hold it up levelly in front of the right shoulder for protection with the elbow bent, looking at the tiger paw, as in Fig. 15.

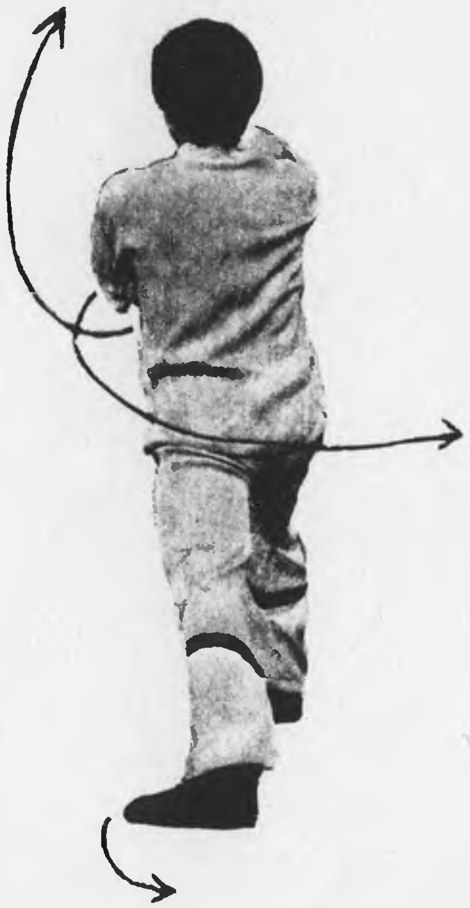


圖 15

Fig. 15

第十六式　吊馬展拳

動作說明　承上式，雙脚以脚跟爲軸心，脚尖擺向右方，身形轉向前方，右膝下曲，左脚尖點地，脚跟翹起成吊馬，雙手成拳，右手斜舉右上方，左掌下垂左下方，目注前方，如圖16。

Posture 16 — Touching the Ground with the Tip of One Foot and Spreading Both Fists

Movements: Following the preceding posture, swing the tips of both feet to the right with the heels as the axes, turn the body to the front, bend the right knee, touch the ground with the tip of the left foot by raising the heel, clench both fists, hold the right one slantingly up on the upper right and droop the left one on the lower left, looking to the front, as in Fig. 16.

圖 16

Fig. 16

第十七式　魁星踢斗

動作說明　承上式，右脚在原位不動，左脚向前上方踢起，雙拳位置不變，目注前方，如圖17。

Posture 17 – The God of Literature Snapping One Foot Up

Movements: Following the preceding posture and keeping the right foot in the original position, snap the left one up to the upper front, keeping both fists in the original positions and looking to the front, as in Fig. 17.

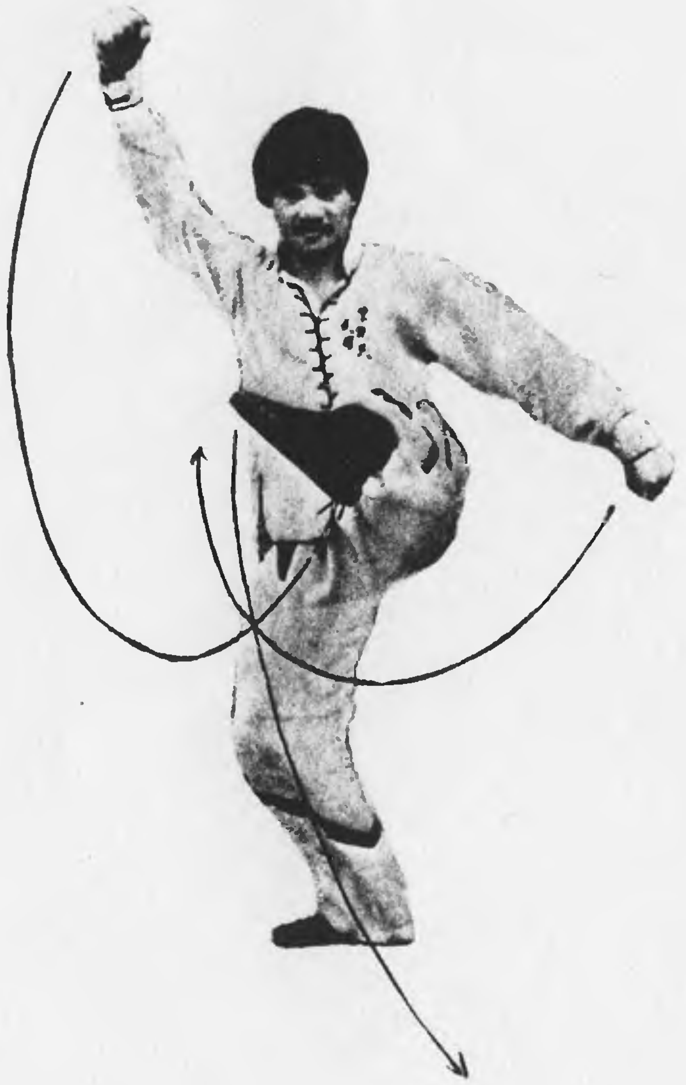


圖 17
Fig. 17

第十八式　子午金鮫剪

動作說明　承上式，左脚落回地面並承勢向前方踏進一步，左膝下曲，右腿蹬直成子午馬，雙手化拳成掌，先向前下方回落然後向前方插上，左右雙手成交叉式，掌心向內，目注前方，如圖18。

Posture 18 – Bowing One Leg Forward and Crossing Both Hands like Golden Scissors

Movements: Following the preceding posture, drop the left foot back on the ground, move it a step forward to the front with the momentum, bend the left knee, stretch the right leg to bow the left one forward, unclench both fists into flat palms, drop them to the lower front first, then thrust them up to the front and cross them with their hollows facing inward, looking to the front, as in Fig. 18.

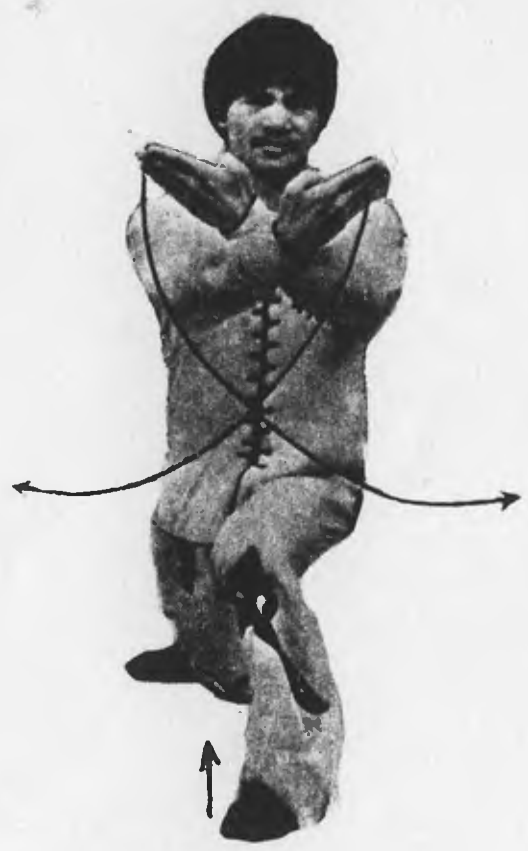


圖 18
Fig. 18

第十九式　分手吊馬

動作說明　承上式，右脚在原位不動，左脚向身前回拉半步，脚尖點地，脚跟翹起成吊馬，左右雙掌，向身後側去，雙臂斜伸後下方，目注前方，如圖19。

Posture 19 — Parting Both Hands and Touching the Ground with the Tip of One Foot

Movements: Following the preceding posture and keeping the right foot in the original position, draw the left one half a step back to front of the body, touch the ground with its tip by raising the heel, chop out to behind the body with both palms and stretch both arms slantingly to the lower backside, looking to the front, as in Fig. 19.

圖 19
Fig. 19

第二十式　麒麟見禮

動作說明　承上式，左脚跟落回地面並向前方進上一步，膝下曲，右脚隨而進上一步，膝下跪成麒麟馬，左掌曲肘平肩回收身前，掌心向外，掌尖斜放，右手化掌成拳曲肘平肩回收身前，拳面向前成見禮式，目注前方，如圖20。

Posture 20 — Giving a Meeting Salute

Movements: Following the preceding posture, drop the left heel back on the ground, move the foot a step forward to the front, bend the knee, move the right foot a step forward accordingly and kneel down on the knee, draw the left palm back to front of the body at the level of the shoulders with the elbow bent, the hollow of the palm facing outward and its fingers pointing slantingly, clench the right fist and draw it back to front of the body at the level of the shoulders with the elbow bent and the face of the fist facing forward as if to give a meeting salute, looking to the front, as in Fig. 20.

圖 20
Fig. 20

第二十一式　轉後見禮

動作說明　承上式，身形由前方經右方轉向後方，右膝下曲，左膝下跪，脚尖着地，脚跟翹起成麒麟馬，雙手動作不變，仍成見禮式，目注後方，如圖21。

Posture 21 — Turning Backward and Giving a Meeting Salute

Movements: Following the preceding posture, turn the body from the front via the right to the backside, bend the right knee, kneel down on the left one with the tip of the foot touching the ground and the heel raised and keep the postures of both hands unchanged as if still giving a meeting salute, looking to the backside, as in Fig. 21.

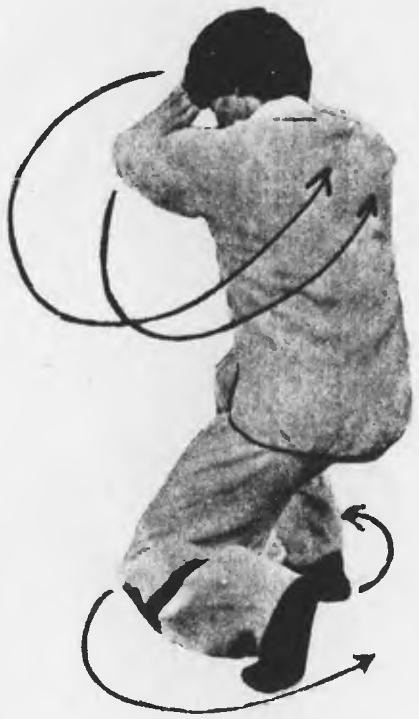


圖 21
Fig. 21

第二十二式　正面見禮

動作說明　承上式，身形由後方經右方轉向前方，左膝下曲，右膝下跪，脚尖着地，脚跟翹起成麒麟馬，雙手動作不變，仍成見禮式，目注前方，如圖22。

Posture 22 — Giving a Meeting Salute to the Front

Movements: Following the preceding posture, turn the body from the backside via the right to the front, bend the left knee, kneel down on the right one with the tip of the foot touching the ground and the heel raised and keep the postures of both hands unchanged as if still giving a meeting salute, looking to the front, as in Fig. 22.

圖 22
Fig. 22

第二十三式　偷馬展翅

動作說明　承上式，身形略爲浮起，左脚向後方後偷一步，右膝下曲，左膝頭藏於右膝彎內成騎龍馬，雙手成掌，分向前後方平肩削落，目注前方，如圖23。

Posture 23 — Stealing a Step Backward and Spreading the Wings

Movements: Following the preceding posture, raise the body a little, steal the left foot a step backward to the backside, bend the right knee to hide the left one in its hollow as if riding a dragon, make both hands flat palms and chop down separately forward and backward to the level of the shoulders, looking to the front, as in Fig. 23.

圖 23
Fig. 23

第二十四式　子午撩陰

動作說明　承上式，左脚向前方進上一步，膝下曲，右腿蹬直成子午馬，左掌上舉，掌心向上，護於頭頂，右掌從後方經下方再向前方成弧形削起，掌尖橫放，掌心向外，目注前方，如圖24。

Posture 24 — Bowing One Leg Forward and Scooping at the Opponent's Private Parts

Movements: Following the preceding posture, move the left foot a step forward to the front, bend the knee, stretch the right leg to bow the left one forward, lift the left palm up, hold it up above the head for protection with its hollow facing upward and chop up with the right one in an arc from the backside via the lower side to the front with its fingers held transversely and its hollow facing outward, looking to the front, as in Fig. 24.

圖 24
Fig. 24

第二十五式 扭馬殺掌

動作說明 承上式，左脚尖擺向左方，膝下曲，身形扭向左前方，右膝下曲其膝頭藏於左膝彎內成騎龍馬，左掌動作不變，右掌反掌向右上方殺起，掌尖向前，掌心向上，目注右掌，如圖25。

Posture 25 — Crossing Both Legs and Casting One Palm Up

Movements: Following the preceding posture, swing the tip of the left foot to the left, bend the knee, twist the body to the left front, bend the right knee to hide its tip in the hollow of the left one as if riding a dragon, keep the posture of the left palm unchanged and cast the right one up to the upper right in an inverted way with its fingers pointing forward and its hollow facing upward, looking at the right palm, as in Fig. 25.

圖 25
Fig. 25

第二十六式 踏馬殺喉掌

動作說明 承上式，右脚經前方繞過左脚向後方踏進一步，身形轉向左後方，右膝下曲，左膝微曲，脚尖着地，脚跟翹起成麒麟馬，右掌翻腕向前方殺出，左掌下沉曲肘横放護於胸前，目注右掌，如圖26。

Posture 26 — Stepping Forward and Smashing One Palm at the Opponent's Throat

Movements: Following the preceding posture, move the right foot a step forward via the front round the left one to the backside, turn the body to the left backside, bend the right knee, bend the left one slightly to touch the ground with the tip of the foot by raising the heel, smash the right palm out to the front with the wrist turned over and sink the left palm to hold it levelly up in front of the chest for protection with the elbow bent, looking at the right palm, as in Fig. 26.

圖 26
Fig. 26

第二十七式　子午雙虎爪

動作說明　承上式，身形經後方轉向前方，左膝下曲，右腿蹬直成子午馬，雙手在身前自左而右運一圈，然後化成虎爪向前方平肩撲出，雙肘微曲，目注前方，如圖27。

Posture 27 — Bowing One Leg Forward and Shaping Both Hands like Tiger Paws

Movements: Following the preceding posture, turn the body from the backside to the front, bend the left knee, stretch the right leg to bow the left one forward, revolve both hands in a circle from left to right in front of the body, shape them like tiger paws, throw them out to the front at the level of the shoulders and bend both elbows slightly, looking to the front, as in Fig. 27.

圖 27
Fig. 27

第二十八式　四平雙拳

動作說明　承上式，右脚進上一步與左脚相併，然後向右方橫開一大步，雙膝下曲成四平馬，雙虎爪運腕外翻再化成拳向肩前回收，雙肘下沉，雙拳上舉，至與耳相平，目注前方，如圖28。

Posture 28 — Squatting Half Down as if Riding a Horse and Clenching Both Fists

Movements: Following the preceding posture, move the right foot a step forward to bring it close to the left one, then move it a big step transversely to the right, bend both knees to squat half down as if riding a horse, turn both tiger paws outward with the wrists, clench both fists, draw them back to front of the shoulders, sink both elbows and hold both fists up at the level of the ears, looking to the front, as in Fig. 28.

圖 28
Fig. 28

第二十九式　四平展肘

動作說明　承上式，雙脚不動，仍成四平馬，雙肘向外展與肩部相平，曲肘平放，兩拳相對，目注前方，如圖29。

Posture 29 — Squatting Half Down as if Riding a Horse and Spreading Both Elbows

Movements: Following the preceding posture, keeping both feet still and squatting half down as if riding a horse, spread both elbows outward to the level of the shoulders and hold them up levelly in a bent way with the fists facing each other, looking to the front, as in Fig. 29.

圖 29
Fig. 29

第三十式　四平扳手

動作說明　承上式，雙脚不動，仍成四平馬，雙手化拳成掌，分向兩身旁下按，雙臂曲成弧形，掌尖相對，目注前方，如圖30。

Posture 30 — Squatting Half Down as if Riding a Horse and Pressing Both Hands Down

Movements: Following the preceding posture, keeping both feet still and squatting half down as if riding a horse, unclench both fists into flat palms and press them down separately on both sides of the body with both arms bent like arcs and the fingertips of both hands pointing to each other, looking to the front, as in Fig. 30.

圖 30
Fig. 30

第三十一式　四平收拳

動作說明　承上式，雙脚不動，仍成四平馬，雙手化掌成拳向外成弧形提起至肩部再回收腰旁，目注前方，如圖31。

Posture 31 — Squatting Half Down as if Riding a Horse and Drawing Both Fists Back

Movements: Following the preceding posture, keeping both feet still and squatting half down as if riding a horse, clench both fists, lift them up outward in arc to the shoulders and draw them back to the sides of the waist, looking to the front, as in Fig. 31.

圖 31
Fig. 31

第三十二式　四平雙陽拳

動作說明　承上式，雙脚不動，仍成四平馬，雙拳提升肩前再平肩向前方撞出，目注前方，如圖32。

Posture 32 — Squatting Half Down as if Riding a Horse and Rushing Both Fists Positively Out

Movements: Following the preceding posture, keeping both feet still and squatting half down as if riding a horse, lift both fists up to front of the shoulders and rush them out to the front at the level of the shoulders, looking to the front, as in Fig. 32.

圖 32
Fig. 32

第三十三式　定式收拳

動作說明　承上式，雙脚同時內收合併，身形直立，雙拳翻腕由外向下回收腰旁，目注前方，如圖33。

Posture 33 — Standing Still and Drawing Both Fists Back

Movements: Following the preceding posture, draw both feet concurrently inward to bring them together, stand upright, turn both fists over with the wrists and draw them down back from outside to the sides of the waist, looking to the front, as in Fig. 33.

圖 33
Fig. 33

第三十四式　踏馬虎爪手

動作說明　承上式，左脚向前方踏進一步，脚尖向左方，膝微曲，右脚尖着地，脚跟翹起，曲膝成麒麟馬，右手化拳成虎爪，向前下方抓落，左手化拳成虎爪，向外一圈提升再平肩回拉，目注前方，如圖34。

Posture 34 — Stepping Forward and Moving Both Hands like Tiger Paws

Movements: Following the preceding posture, move the left foot a step forward to the front, direct its tip to the left, bend the knee slightly, touch the ground with the tip of the right foot with the heel raised and the knee bent, change the right fist into the shape of a tiger paw, seize down to the lower front, change the left hand into the shape of a tiger paw, lift it up outward in a circle and pull it back at the level of the shoulders, looking to the front, as in Fig. 34.

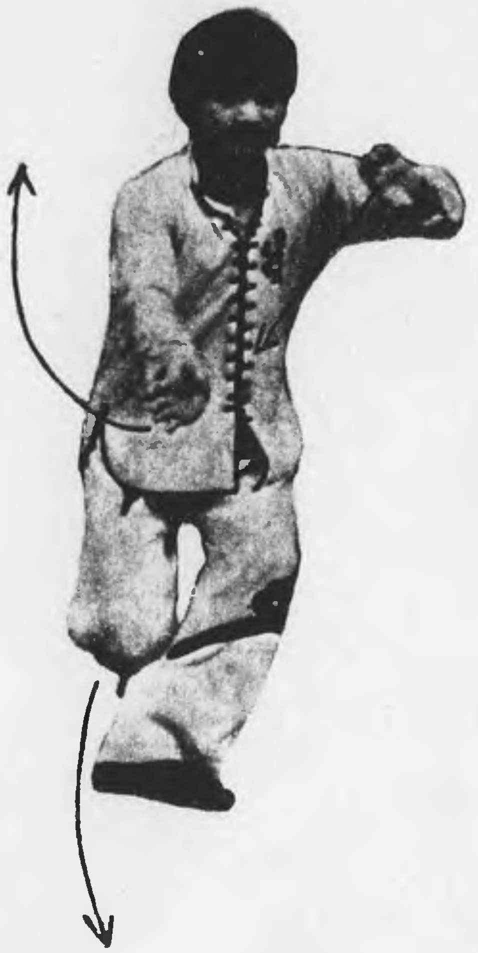


圖 34
Fig. 34

第三十五式　子午掛展拳

動作說明　承上式，右脚向前方進上一步，膝下曲，左腿蹬直成子午馬，右手化虎爪成拳，向身後平肩掛出，左手化虎爪成掌，平肩向前方撐出，目注前方，如圖35。

Posture 35 – Bowing One Leg Forward and Hanging and Spreading Both Fists Levelly

Movements: Following the preceding posture, move the right foot a step forward to the front, bend the knee, stretch the left leg to bow the right one forward, clench the right fist, hang it out to behind the body at the level of the shoulders, change the left tiger paw into a flat palm and drive it out to the front at the level of the shoulders, looking to the front, as in Fig. 35.

圖 35
Fig. 35

第三十六式　右踏馬殺拳

動作說明　承上式，右脚向左方橫踏一步，膝下曲，左膝下跪，脚尖着地，脚跟翹起成騎龍馬，右拳向右下方掃落，左掌向外一圈然後回收右肩前，目注右拳，如圖36。

Posture 36 – Moving the Right Foot Forward and Smashing One Fist Down

Movements: Following the preceding posture, move the right foot a step transversely to the left, bend the knee, kneel down on the left one with the tip of the foot touching the ground and the heel raised as if riding a dragon, sweep the right fist down to the lower right, move the left palm outward in a circle and then draw it back to front of the right shoulder, looking at the right fist, as in Fig. 36.

圖 36
Fig. 36

第三十七式　左踏馬殺拳

動作說明　承上式，左脚繞過右脚前方向右方橫踏一步，膝下曲，右膝下跪，脚尖着地，脚跟翹起成騎龍馬，左手化掌成拳，與右拳同時向左下方殺落，目注左拳，如圖37。

Posture 37 – Moving the Left Foot Forward and Smashing Both Fists Down

Movements: Following the preceding posture, move the left foot a step transversely round the front of the right one to the right, bend the knee, kneel down on the right one with the tip of the foot touching the ground and the heel raised as if riding a dragon, clench the left fist and smash it down concurrently with the right one to the lower left, looking at the left fist, as in Fig. 37.

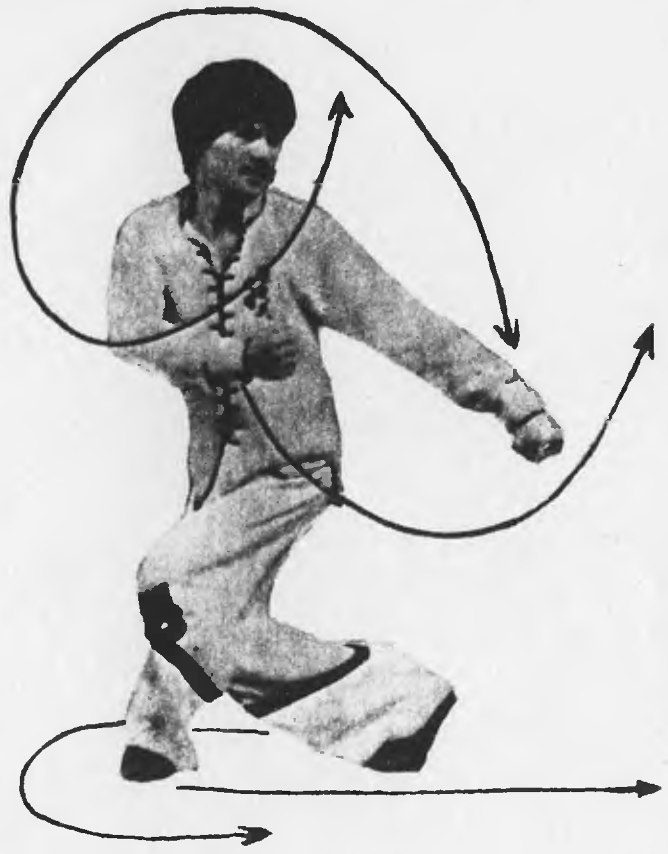


圖 37
Fig. 37

第三十八式　子午撞拳

動作說明　承上式，左脚向左方橫進一大步，脚尖朝向左方，右脚運至右方，身形隨步轉向左方，左膝下曲，右腿蹬直成子午馬，左手化拳成掌，在身前運一大圈然後上舉橫護頭頂，右拳承勢由下向左上方撞上，目注右拳，如圖38。

Posture 38 – Bowing One Leg Forward and Rushing One Fist Up

Movements: Following the preceding posture, move the left foot a big step transversely to the left, direct its tip to the left, move the right one to the right, turn the body to the left along with the movements of the feet, bend the left knee, stretch the right leg to bow the left one forward, unclench the left fist into a flat palm, revolve it in a large circle in front of the body, then hold it up levelly above the head for protection and rush the right fist up from below to the upper left with the momentum, looking at the right fist, as in Fig. 38.

圖 38
Fig. 38

第三十九式　左踏馬殺拳

動作說明　承上式，左脚經右脚前向右方橫踏一步，膝下曲，右膝下跪，脚尖着地，脚跟翹起成騎龍馬，右手化拳成掌，左手化掌成拳，同時於身前運一大圈然後向左下方殺落，目注左拳，如圖39。

Posture 39 — Moving the Left Foot Forward and Smashing One Fist Down

Movements: Following the preceding posture, move the left foot a step transversely by front of the right one to the right, bend the knee, kneel down on the right one with the tip of the foot touching the ground and the heel raised as if riding a dragon, unclench the right fist into a flat palm, clench the left fist, revolve it in a large circle in front of the body and smash it down concurrently with the right palm to the lower left, looking at the left fist, as in Fig. 39.

圖 39
Fig. 39

第四十式　右踏馬殺拳

動作說明　承上式，右脚繞過左脚前方向左方橫踏一步，膝下曲，左膝下跪，脚尖着地，脚跟翹起成騎龍馬，右手化掌成拳，與左拳同時向右下方殺落，目注右拳，如圖40。

Posture 40 — Moving the Right Foot Forward and Smashing Both Fists Down

Movements: Following the preceding posture, move the right foot a step transversely round the front of the left one to the left, bend the knee, kneel down on the left one with the tip of the foot touching the ground and the heel raised as if riding a dragon, clench the right fist and smash it down concurrently with the left one to the lower right, looking at the right fist, as in Fig. 40.

圖 40
Fig. 40

第四十一式　子午撞拳

動作說明　承上式，右脚向右方橫進一大步，脚尖朝向右方，左脚運至左方，身形隨步轉向右方，右膝下曲，左腿蹬直成子午馬，右拳上舉橫護頭頂，左拳承勢由下向右上方撞上，目注右前方，如圖41。

Posture 41 – Bowing One Leg Forward and Rushing One Fist Up

Movements: Following the preceding posture, move the right foot a big step transversely to the right, direct its tip to the right, move the left one to the left, turn the body to the right along with the movements of the feet, bend the right knee, stretch the left leg to bow the right one forward, hold the right fist levelly up above the head for protection and rush the left one up from below to the upper right with the momentum, looking to the right front, as in Fig. 41.

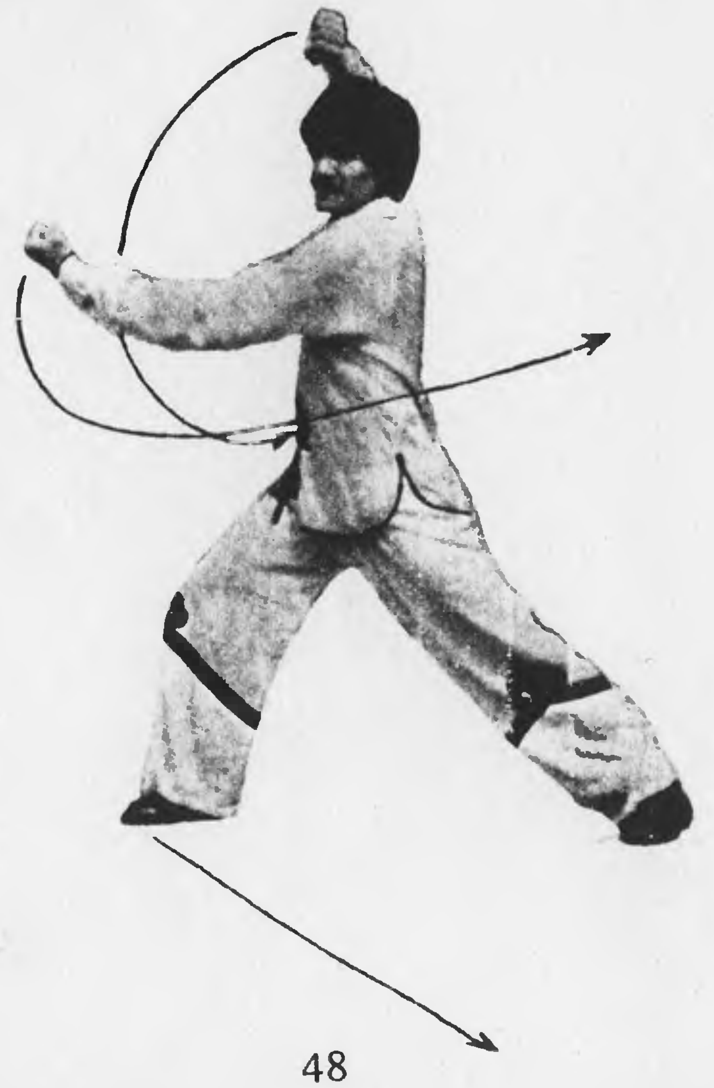


圖 41
Fig. 41

第四十二式　子午搥掌

動作說明　承上式，右脚向前方進上一步，膝下曲，左腿蹬直成子午馬，身形隨步轉向前方，右拳下落回收腰旁，左手化拳爲掌向左方平肩撑出，目注前方，如圖42。

Posture 42 – Bowing One Leg Forward and Ramming One Palm Out

Movements: Following the preceding posture, move the right foot a step forward to the front, bend the knee, stretch the left leg to bow the right one forward, turn the body to the front along with the movements of the feet, drop the right fist, draw it back to the side of the waist, unclench the left one into a flat palm and ram it out to the left at the level of the shoulders, looking to the front, as in Fig. 42.

圖 42
Fig. 42

第四十三式　扭馬爪手

動作說明　承上式，左脚向右前方進一步，右脚隨之向右前方運進一步，身形轉向後方，左膝下曲，右膝下跪，脚尖着地，脚跟翹起成騎龍馬，左手成爪手，沉肘回收胸前，右手成爪手，沉肘略向前伸，目注左後方，如圖43。

Posture 43 – Crossing Both Legs and Shaping Both Hands like Claws

Movements: Following the preceding posture, move the left foot a step forward to the right front, move the right foot a step forward accordingly to the right front, turn the body to the backside, bend the left knee, kneel down on the right one with the tip of the foot touching the ground and the heel raised as if riding a dragon, shape the left hand like a claw, draw it back to front of the chest with the elbow sunk, shape the right hand like a claw and stretch it slightly forward with the elbow sunk, looking to the left backside, as in Fig. 43.

圖 43
Fig. 43

第四十四式　掛掌踢脚

動作說明　承上式，左脚踏實地面，身形浮升，右脚向左後方踢上，右手化爪手成掌，向身前殺出，左手化爪手成掌，護於胸前，目注左後方，如圖44。

Posture 44 – Hanging One Palm Up and Snapping One foot Up

Movements: Following the preceding posture, keep the left foot firmly on the ground, raise the body, snap the right foot up to the left backside, change the left hand from the shape of a claw into a flat palm, smash it out to front of the body, change the right one from the shape of a claw into a flat palm and hold it up in front of the chest for protection, looking to the left backside, as in Fig. 44.

圖 44
Fig. 44

第四十五式　踏馬掛拳

動作說明　承上式，右脚落回地面時順向右後方横踏一步，右膝下曲，左脚脚尖着地，脚跟翹起成騎龍馬，右手化掌成拳，向左方掛落，左掌横放護於胸前，目注左拳，如圖45。

Posture 45 – Stepping Forward and Hanging One Fist Down

Movements: Following the preceding posture, drop the right foot back on the ground, move it a step transversely to the right backside with the momentum, bend the right knee, touch the ground with the tip of the left foot by raising the heel as if riding a dragon, clench the right fist, hang it down to the left and hold it up levelly in front of the chest for protection, looking at the left fist, as in Fig. 45.

圖 45
Fig. 45

第四十六式　轉身撞拳

動作說明　承上式，以右脚跟及左脚尖爲軸心，身形經前方轉向左方，左膝下曲，右腿蹬直成子午馬，右拳由下向左上方撞上，左掌上舉横放護於頭頂，目注左方，如圖46。

Posture 46 – Turning the Body and Rushing One Fist Up

Movements: Following the preceding posture, turn the body via the front to the left with the right heel and the tip of the left foot as the axes, bend the left knee, stretch the right leg to bow the left one forward, rush the right fist up from below to the upper left and hold the left palm levelly up above the head for protection, looking to the left, as in Fig. 46.

圖 46
Fig. 46

第四十七式　吊馬分手

動作說明　承上式，左脚向前方斜拉一步，脚尖點地，脚跟翹起，左脚掌横放，膝下曲成吊馬，身形轉向前方，右手化拳成掌，由左上方經前下方向身後斜分，左掌拇指屈入，向身後斜分成雙分勢，目注前方，如圖47。

Posture 47 — Touching the Ground with the Tip of the Foot and Parting Both Hands

Movements: Following the preceding posture, pull the left foot a step slantingly to the front, touch the ground with its tip by raising the heel, place the left sole transversely, bend the knee, turn the body to the front, unclench the right fist into a flat palm, move it from the upper left via the lower front to behind the body to hold the arm slantingly up and hold the left one slantingly up to behind the body with the thumb bent in, parting both hands in this way and looking to the front, as in Fig. 47.

圖 47
Fig. 47

第四十八式　四平展掌

動作說明　承上式，右脚向右方進上一步，雙膝下曲成四平馬，右掌回收小腹前再向右方平肩殺出，左手化掌成拳向上一圈然後回收腰旁，目注前方，如圖48。

Posture 48 — Squatting Half Down as if Riding a Horse and Unfolding One Palm Up

Movements: Following the preceding posture, move the right foot a step forward to the right, bend both knees to squat half down as if riding a horse, draw the right palm back to front of the lower abdomen, then smash it out to the right at the level of the shoulders, clench the left fist, revolve it up in a circle and draw it back to the side of the waist, looking to the front, as in Fig. 48.

圖 48
Fig. 48

第四十九式　踏馬掛拳

動作說明　承上式，右脚經左脚向後方繞踏一步，脚掌橫放，右膝下曲，左膝下跪，脚尖着地，脚跟翹起成騎龍馬，身形轉向左後方，右手化掌成拳，隨身形轉至左後方再由上向左前方掛落，左手化拳成掌，曲肘橫放護於小腹前，目注右拳，如圖49。

Posture 49 — Stepping Forward and Hanging One Fist Down

Movements: Following the preceding posture, move the right foot a step round the left one to the backside, lay the sole transversely, bend the right knee, kneel down on the left one with the tip of the foot touching the ground and the heel raised as if riding a dragon, turn the body to the left backside, clench the right fist, turn it to the left backside along with the body, hang it down from above to the left front, unclench the left fist into a flat palm and hold it levelly in front of the lower abdomen for protection with the elbow bent, looking at the right fist, as in Fig. 49.

圖 49
Fig. 49

第五十式　轉身輪拳

動作說明　承上式，左脚跟落回地面，膝下曲，右脚向右前方後退一步，腿直蹬成子午馬，身形轉向後方，左手化掌成拳，斜收身後，右拳平肩向後方直打而出，目注右拳，如圖50。

Posture 50 — Turning the Body and Driving One Fist Out

Movements: Following the preceding posture, drop the left heel back on the ground, bend the knee, draw the right foot a step back to the right front, stretch the leg to bow the left one forward, turn the body to the backside, clench the left fist, draw it back to hold it slantingly behind the body and drive the right one straight out to the backside at the level of the shoulders, looking at the right fist, as in Fig. 50.

圖 50
Fig. 50

第五十一式　吊馬穿手

動作說明　承上式，身形後靠，右膝下曲，左腳腳尖點地，腳跟翹起成吊馬，左手化拳成掌，由身後向後上方穿出，右拳回收腰旁，目注左後方，如圖51。

Posture 51 — Touching the Ground with the Tip of One Foot and Threading One Hand Up

Movements: Following the preceding posture, lean the body backward, bend the right knee, touch the ground with the tip of the left foot by raising the heel, unclench the left fist into a flat palm, thread it up from behind the body to the upper backside and draw the right fist back to the side of the waist, looking to the left backside, as in Fig. 51.

圖 51
Fig. 51

第五十二式　四平掃拳

動作說明　承上式，右腳向後方進上一步，身形轉向右方，雙腳尖朝向右方，雙膝下曲成四平馬，右拳由下而上再向小腹前掃落，左掌一圈上舉橫放護於頭頂，掌心向上，目注後方，如圖52。

Posture 52 — Squatting Half Down as if Riding a Horse and Sweeping One Fist Down

Movements: Following the preceding posture, move the right foot a step forward to the backside, turn the body to the right, direct the tips of both feet to the right, bend both knees to squat half down as if riding a horse, lift the right fist up from below, sweep it down to front of the lower abdomen, revolve the left palm up in a circle and hold it up levelly above the head for protection with its hollow facing upward, looking to the backside, as in Fig. 52.

圖 52
Fig. 52

第五十三式　子午掛拳

動作說明　承上式，身形轉向後方，右膝下曲，左腿蹬直成子午馬，右拳由小腹前經上方向後方掛落，左掌由頭頂回收，曲肘護於胸前，目注後方，如圖53。

Posture 53 – Bowing One Leg Forward and Hanging One Fist Down

Movements: Following the preceding posture, turn the body to the backside, bend the right knee, stretch the left leg to bow the right one forward, lift the right fist up from front of the lower abdomen, hang it down to the backside, draw the left palm back from above the head and hold it levelly up in front of the chest for protection with the elbow bent, looking to the backside, as in Fig. 53.

圖　53
Fig. 53

第五十四式　虎　爪

動作說明　承上式，右脚向左方橫開一步，身形隨步轉向左方，右膝下曲，左腿蹬直成子午馬，右手化拳成虎爪，平肩向左方撲出，左掌橫肘沉按護於小腹前，目注左方，如圖54。

Posture 54 – Throwing One Hand Out like a Tiger Paw

Movements: Following the preceding posture, move the right foot a step transversely to the left, turn the body to the left along with the foot, bend the right knee, stretch the left leg to bow the right one forward, change the right fist into the shape of a tiger paw, throw it out to the left at the level of the shoulders, hold the left elbow levelly up and sink and press the palm to front of the lower abdomen for protection, looking to the left, as in Fig. 54.

圖　54
Fig. 54

第五十五式　樵夫問路

動作說明　承上式，以左脚爲重心，身形浮升轉向前方，右脚提起，膝尖向前，脚尖朝向下方成獨立馬，右手化虎爪成拳，回收腰旁，左掌由小腹向前上方穿上，目注前方，如圖55。

Posture 55 – A woodcutter Asking the Way

Movements: Following the preceding posture, raise the body, turn it to the front with the centre of gravity on the left foot, lift the right one up with the tip of the knee pointing forward and the tip of the foot pointing downward to stand on one leg alone, clench the right fist from the shape of a tiger paw, draw it back to the side of the waist and thread the left palm up from the lower abdomen to the upper front, looking to the front, as in Fig. 55.

圖　55

Fig. 55

第五十六式　吊馬榜掌

動作說明　承上式，馬步不變，仍成獨立馬，右手化拳成掌，由腰旁橫削至左脅下，左掌反掌向上方穿上，目注前方，如圖56。

Posture 56 – Standing on One Leg Alone and Moving Both Palms Separately Up and Down

Movements: Following the preceding posture, keeping the gestures of the lower limbs still and standing on the left leg alone, unclench the right fist into a flat palm, chop transversely from the side of the waist to under the left armpit and thread the left palm up to the upper side in an inverted way, looking to the front, as in Fig. 56.

圖　56

Fig. 56

第五十七式 吊馬殺掌

動作說明 承上式，馬步不變，仍成獨立馬，右掌以掌外緣向前方平肩殺出，左掌曲肘沉放，輕按右肩前，目注前方，如圖57。

Posture 57 — Standing on One Leg Alone and Smashing One Palm Out

Movements: Following the preceding posture, keeping the gestures of the lower limbs unchanged and standing on the left leg alone, smash the lateral edge of the right palm out to the front at the level of the shoulders, sink the left palm with the elbow bent and press it gently on the front of the right shoulder, looking to the front, as in Fig. 57.

圖 57
Fig. 57

第五十八式 吊馬搥掌

動作說明 承上式，馬步不變，仍成獨立馬，右手化掌成拳回收腰旁，左掌以掌外緣向前方平肩殺出，目注前方，如圖58。

Posture 58 — Standing on One Leg Alone and Ramming One Palm Out

Movements: Following the preceding posture, keeping the gestures of the lower limbs unchanged and standing on the left leg alone, clench the right fist, draw it back to the side of the waist and smash the lateral side of the left palm out to the front at the level c ˉ the shoulders, looking to the front, as in Fig. 58.

圖 58
Fig. 58

第五十九式　吊馬二龍取珠

動作說明　承上式，馬步不變，仍成獨立馬，右手伸直中、食兩指，向前上方直插而出（即插向對方之眼部），左掌下沉，曲肘橫放小腹前，目注前方，如圖59。

Posture 59 — Standing on One Leg Alone and Seizing at the Opponent's Eyes like a Dragon Seizing at Pearls

Movements: Following the preceding posture, keeping the gestures of the lower limbs unchanged and standing on the left leg alone, stretch the index and middle fingers out from the right hand, thrust them straight out to the upper front (i.e. at the opponent's eyes), sink the left palm and hold it levelly in front of the lower abdomen with the elbow bent, looking to the front, as in Fig. 59.

圖 59
Fig. 59

第六十式　扭馬搥掌

動作說明　承上式，右脚落回地面，脚尖順勢擺向右方，左脚向後方偸一步，右膝下曲，左膝下跪，脚尖着地，脚跟翹起成騎龍馬，右手成拳，向後上方回收，左掌扭臂，以掌心向前下方推出，目注前方，如圖60。

Posture 60 — Crossing Both Legs and Ramming One Palm Out

Movements: Following the preceding posture, drop the right foot back on the ground, swing its tip to the right with the momentum, steal the left one a step to the backside, bend the right knee, kneel down on the left one with the tip of the foot touching the ground and the heel raised as if riding a dragon, clench the right fist, draw it back to the upper backside, twist the left arm and push the hollow of the palm out to the lower front, looking to the front, as in Fig. 60.

圖 60
Fig. 60

第六十一式　右展脚穿陰掌

動作說明　承上式，左脚向前方進上一步，膝下曲，身形轉向右後方並盡量向下沉，右腿向後方伸出，右手成爪向後下方抓去，左掌斜擧護於頭頂，目注後方，如圖61。

Posture 61 — Spreading the Right Leg Out and Threading One Palm at the Opponent's Private Parts

Movements: Following the preceding posture, move the left foot a step forward to the front, bend the knee, turn the body to the right backside, sink it as much as possible, stretch the right leg out to the backside, shape the right hand like a claw, seize out to the lower backside and hold the left palm slantingly up above the head for protection, looking to the backside, as in Fig. 61.

圖 61

Fig. 61

第六十二式　左展脚穿陰掌

動作說明　承上式，右脚向前方後回一步，膝下曲，左腿向後方伸出，身形轉向左後方，左手成爪向後下方抓去，右爪斜擧護於頭頂，目注後方，如圖62。

Posture 62 — Spreading the Left Leg Out and Threading One Palm at the Opponent's Private Parts

Movements: Following the preceding posture, draw the right foot a step back to the front, bend the knee, stretch the left leg out to the backside, turn the body to the left backside, shape the left hand like a claw, seize out to the lower backside and hold the right "claw" slantingly up above the head for protection, looking to the backside, as in Fig. 62.

圖 62

Fig. 62

第六十三式　麒麟殺拳

動作說明　承上式，左脚向右前方橫拉一步，膝下曲，右脚向左方橫拉一步，膝微跪，脚尖着地，脚跟翹起成騎龍馬，左手化爪成掌，曲肘橫放於胸前，右手化爪成拳，由頭頂向左下方殺落，目注後方，如圖63。

Posture 63 — Posing Both Lower Limbs and Smashing One Fist Down

Movements: Following the preceding posture, pull the left foot a step transversely to the right front, bend the knee, pull the right foot a step transversely to the left, lower the knee as if to kneel down with the tip of the foot touching the ground and the heel raised as if riding a dragon, change the left hand from the shape of a claw into a flat palm, hold it levelly up in front of the chest with the elbow bent, clench the right fist from the shape of a claw and smash it down from above the head to the lower left, looking to the backside, as in Fig. 63.

圖 63
Fig. 63

第六十四式　子午搥掌

動作說明　承上式，左脚掌擺向前方，身形浮起並轉向前方，右脚經後方成弧形向前方進上一步，右膝下曲，左腿蹬直成子午馬，左掌乘身形轉向前方時順向前下方按落，右手化拳成掌，從左下方經右肩再向前下方按落，掌心向下，兩掌尖相對，目注前方，如圖64。

Posture 64 — Bowing One Leg Forward and Ramming Both Palms Out

Movements: Following the preceding posture, swing the left sole to the front, raise the body, turn it to the front, move the right foot a step forward in an arc via the backside to the front, bend the right knee, stretch the left leg to bow the right one forward, press the left palm down to the lower front with the momentum of turning the body to the front, unclench the right fist into a flat palm, lift it up from the lower left and press it down by the right shoulder to the lower front with its hollow facing downward and the fingertips of both palms pointing to each other, looking to the front, as in Fig. 64.

圖 64
Fig. 64

第六十五式　四平撞拳

動作說明　承上式，身形轉向左方，雙膝下曲成四平馬，右手化掌成拳，由前下方向前上方撞上，左掌曲肘横放，護於右肘內側，目注右拳，如圖65。

Posture 65 — Squatting Half Down as if Riding a Horse and Rushing One Fist Up

Movements: Following the preceding posture, turn the body to the left, bend both knees to squat half down as if riding a horse, clench the right fist, rush it up from the lower front to the upper front and hold the left palm levelly up with the elbow bent by the inner side of the right elbow for protection, looking at the right fist, as in Fig. 65.

圖 65
Fig. 65

第六十六式　踏馬打拳

動作說明　承上式，左脚經左方、後方然後向右方圈踏一步，脚尖朝向右方，膝下曲，右膝微曲，脚尖着到，脚跟翹起成扭馬，左掌斜擧護於前額上方，右拳由前上方向右後下方掃落，目注右拳，如圖66。

Posture 66 — Stepping Forward and Sweeping One Fist Out for an Attack

Movements: Following the preceding posture, move the left foot a step in a circle via the left and the backside to the right, direct its tip to the left, bend the knee, bend the right one slightly with the tip of the foot touching the ground and the heel raised to cross both legs, hold the left palm slantingly up at the upper part of the forehead for protection and sweep the right fist down from the upper front to the right lower backside, looking at the right fist, as in Fig. 66.

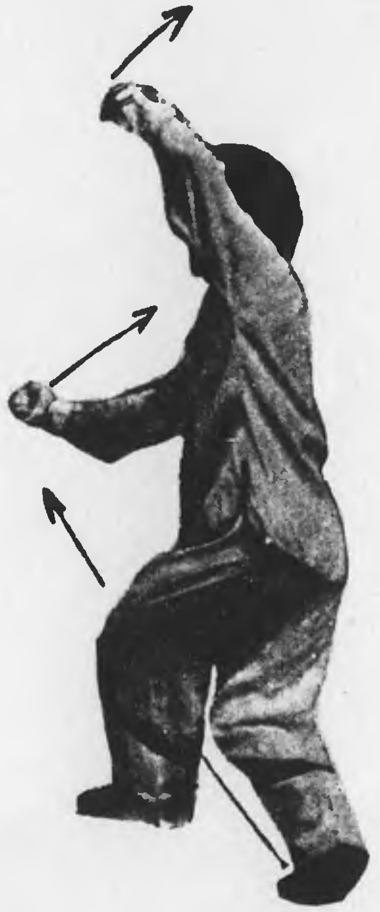


圖 66
Fig. 66

第六十七式　魁星踢腿

動作說明　承上式，以左脚爲重心，右脚向後方踢上，左掌右拳，分別乘踢腿勢向上方及後方開展，目注後方，如圖67。

Posture 67 – The God of Literature Snapping One Leg Up

Movements: Following the preceding posture, snap the right foot up to the backside with the centre of gravity on the left one, unfold both the left palm and the right fist separately to the upper side and the backside along with the snapping of the leg, looking to the backside, as in Fig. 67.

圖 67
Fig. 67

第六十八式　子午掛拳

動作說明　承上式，右脚落回地面乘勢向後方進上一步，膝下曲，左腿蹬直成子午馬，左掌曲肘横放護於胸前，右拳經上方向左前方掛落，目注後方，如圖68。

Posture 68 – Bowing One Leg Forward and Hanging One Fist Down

Movements: Following the preceding posture, drop the right foot back on the ground, move it a step forward to the backside with the momentum, bend the knee, stretch the left leg to bow the right one forward, hold the left palm levelly up in front of the chest with the elbow bent and hang the right fist down via the upper side to the left front, looking to the backside, as in Fig. 68.

圖 68
Fig. 68

第六十九式　四平搥拳

動作說明　承上式，右脚向前方後退一步，雙脚尖擺向左方，身形轉向左方，雙膝下曲成四平馬，右拳成弧形回收胸前再打一小圈然後向前方平肩掃出，左掌穿護於右肩前上方，目注前方，如圖69。

Posture 69 — Squatting Half Down as if Riding a Horse and Ramming One Fist Out

Movements: Following the preceding posture, draw the right foot a step back to the front, swing the tips of both feet to the left, turn the body to the left, bend both knees to squat half down as if riding a horse, draw the right fist back in an arc to front of the chest, revolve it in a small circle, sweep it out to the front at the level of the shoulders, thread the left palm up and hold it up in front of the upper side of the right shoulder for protection, looking to the front, as in Fig. 69.

圖 69
Fig. 69

第七十式　踏馬雙鞭

動作說明　承上式，右脚經後方、右方然後向前方踏出一步，身形隨踏步勢轉至右方，右膝下曲，左膝微跪，脚尖着地，脚跟翹起成騎龍馬，雙手成拳，乘轉身時平肩分向身兩旁鞭出，目注後方，如圖70。

Posture 70 — Stepping Forward and Slashing Both Fists Out

Movements: Following the preceding posture, move the right foot a step via the backside and the right to the front, turn the body to the right along with the stepping of the foot, bend the right knee, lower the left one slightly as if to kneel down with the tip of the foot touching the ground and the heel raised as if riding a dragon, clench both fists and slash them separately out to both sides of the body at the level of the shoulders along with the turn of the body, looking to the backside, as in Fig. 70.

圖 70
Fig. 70

第七十一式　小跳八卦腿

動作說明　承上式，左脚彈起並作小跳使身形轉向右後方，右脚乘身形轉動時向右後上方踢起，右拳回收身後下方，左手化拳成掌，隨勢向右後方掃出，目注右後方，如圖71。

Posture 71 — Making a Small Leap and Snapping One Leg Up in a Bent Way

Movements: Following the preceding posture, spring the left foot up, make a small leap, turn the body to the right backside, snap the right foot up to the right upper backside along with the turn of the body, draw the right fist back to the lower side behind the body, unclench the left fist into a flat palm and sweep it out to the right backside with the momentum, looking to the right backside, as in Fig. 71.

圖 71
Fig. 71

第七十二式　吊馬展掌

動作說明　承上式，右脚落回地面時隨勢向前方後退半步，左左脚隨即向後方踏上半步，身形轉向左方，右膝下曲，左脚前伸，脚尖點地，脚跟翹起成吊馬，雙手成掌，右掌斜上舉護於上方，左掌下沉按於左後下方，目注後方，如圖72。

Posture 72 — Touching the Ground with the Tip of One Foot and Spreading Both Palms Out

Movements: Following the preceding posture, drop the right foot back on the ground, draw it half a step back to the front with the momentum, move the left one half a step forward to the backside immediately, turn the body to the left, bend the right knee, stretch the left foot forward to touch the ground with its tip by raising the heel, make both hands flat palms, hold the right one slantingly up above and sink and press the left one to the left lower backside, looking to the backside, as in Fig. 72.

圖 72
Fig. 72

第七十三式　展掌踢腿

動作說明　承上式，以右脚為重心，左脚向左後放踢出，雙掌開展之勢依然不變，目注後方，如圖73。

Posture 73 — Spreading Both Palms Out and Snapping One Leg Up

Movements: Following the preceding posture, snap the left foot out to the left backside with the centre of gravity on the right one, keeping the gesture of spreading both palms out unchanged and looking to the backside, as in Fig. 73.

圖 73
Fig. 73

第七十四式　右展腿穿陰爪

動作說明　承上式，左脚落回地面時乘勢向後方進上一步，左膝下曲，身形下沉，朝向左方，右腿向前方直伸，右手化掌成爪，反手向前下方抓上，左掌斜舉於左上方，目注前方，如圖74。

Posture 74 — Spreading the Right Leg Out and Threading a Claw at the Opponent's Private Parts

Movements: Following the preceding posture, drop the left foot back on the ground, move it a step forward to the backside with the momentum, bend the left knee, sink the body, turn it to the left, stretch the right leg straight out to the front, shape the right palm like a claw, seize up backhandedly to the lower front and hold the left palm slantingly up on the upper left, looking to the front, as in Fig. 74.

圖 74
Fig. 74

第七十五式　踏馬單鞭拳

動作說明　承上式，身形浮起，右脚經後方、右方然後向前方踏進一步，右膝下曲，左膝微跪，脚尖着地，脚跟翹起成騎龍馬，右手化爪成拳，回收左肩旁再向後方平肩鞭出，左掌經頭部上方一圈然後曲肘橫放護於胸前，身形隨步轉至右方，目注右拳，如圖75。

Posture 75 — Stepping Forward and Slashing One Fist Out

Movements: Following the preceding posture, raise the body, move the right foot a step forward via the backside and the right to the front, bend the right knee, lower the left one as if to kneel down with the tip of the foot touching the ground and the heel raised as if riding a dragon, clench the right fist from the shape of a claw, draw it back to the side of the left shoulder, slash it out to the backside at the level of the shoulders, revolve the left palm in a circle over the head, hold it up levelly in front of the chest with the elbow bent and turn the body to the right along with the movements of the feet, looking at the right fist, as in Fig. 75.

圖 75
Fig. 75

第七十六式　轉身撞拳

動作說明　承上式，左脚向前方進上一步，身形轉向前方，左膝下曲，右腿蹬直成子午馬，右拳由後方經下方再向前方撞上，左掌成反掌勢斜舉護於前上方，目注前方，如圖76。

Posture 76 — Turning the Body and Rushing One Fist Up

Movements: Following the preceding posture, move the left foot a step forward to the front, turn the body to the front, bend the left knee, stretch the right leg to bow the left one forward, rush the right fist up from the backside via the lower side to the front and hold the left palm slantingly up on the upper front in an inverted way, looking to the front, as in Fig. 76.

圖 76
Fig. 76

第七十七式　吊馬分手

動作說明　承上式，右脚在原位不變，膝下曲，左脚回拉半步，脚尖點地，脚跟翹起成吊馬，身形略朝向右前方，雙手成掌，同時向身兩旁後下方分落，目注前方，如圖77。

Posture 77 — Touching the Ground with the Tip of the Foot and Parting Both Hands

Movements: Following the preceding posture and keeping the right foot in the original position, bend the knee, pull the left foot half a step back, touch the ground with its tip by raising the heel, turn the body slightly to the right front, make both hands flat palms and part them by the sides of the body to the lower backside, looking to the front, as in Fig. 77.

圖 77
Fig. 77

第七十八式　四平撞拳

動作說明　承上式，左脚掌落回地面時乘勢使脚尖朝向左方，右脚向前方進上一步，脚尖亦朝向左方，身形隨步轉向左方，雙膝下曲，身形下沉，成四平馬，右手化掌成拳，由右後下方經下方再向前方撞上，左掌成反掌勢斜擧護於頭上，目注前方，如圖78。

Posture 78 — Squatting Half Down as if Riding a Horse and Rushing One Fist Up

Movements: Following the preceding posture, drop the left sole back on the ground, direct the tip of the foot to the left with the momentum, move the right foot a step forward to the front, also direct its tip to the left, turn the body to the left along with the movements of the feet, bend both knees to sink the body and squat half down as if riding a horse, clench the right fist, rush it up from the right lower backside via the lower side to the front and hold the left palm slantingly up above the head for protection in an inverted way, looking to the front, as in Fig. 78.

圖 78
Fig. 78

第七十九式　麒麟搥拳

動作說明　承上式，左脚經右脚前向前方進上一步，膝下曲，身形下沉，右膝下跪，脚尖着地，脚跟翹起成騎龍馬，右拳翻腕乘勢向下搥落，左掌下沉回收，曲肘橫放護於右肘內，目注前方，如圖79。

Posture 79 — Posing Both Lower Limbs and Ramming One Fist Down

Movements: Following the preceding posture, move the left foot a step forward by front of the right one to the front, bend the knee, sink the body, kneel down on the right knee with the tip of the foot touching the ground and the heel raised as if riding a dragon, turn the right wrist over with the fist, ram it down with the momentum, sink the left palm to draw it back and hold it levelly with the elbow bent in the hollow of the right elbow for protection, looking to the front, as in Fig. 79.

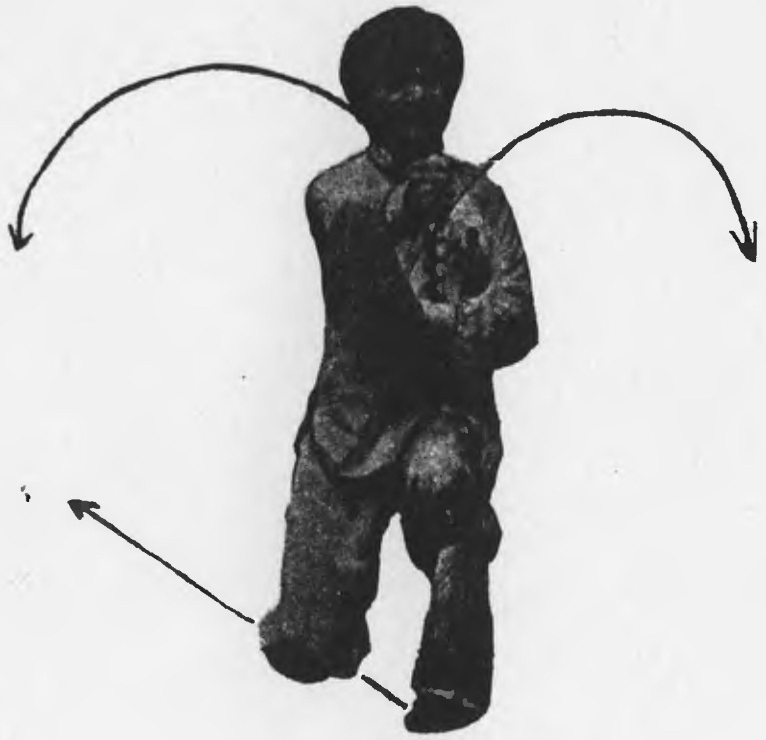


圖　79
Fig. 79

第八十式　偷馬展翅

動作說明　承上式，左脚向右後方偷退一步，身形浮起轉向右前方，左脚尖着地，脚跟翹起，膝下曲，右脚脚尖向右方横擺，膝下曲，雙手成掌由胸前穿起再分向兩旁平肩插落，目注左前方，如圖80。

Posture 80 — Stealing a Step Backward and Spreading the Wings

Movements: Following the preceding posture, steal the left foot a step backward to the right backside, raise the body, turn it to the right front, touch the ground with the tip of the left foot by raising the heel, bend the knee, swing the tip of the right foot transversely to the right, bend the knee, make both hands flat palms, thread them up from front of the chest and thrust them down separately to the level of the shoulders on both sides, looking to the left front, as in Fig. 80.

圖　80
Fig. 80

第八十一式　吊馬見禮

動作說明　承上式，左脚向左前方進上一步，身形轉向左前方，左脚尖點地，脚跟翹起，右脚在原位不動成吊馬，左手反掌前伸，右手化掌成拳前伸與左掌相對成見禮式，目注左前方，如圖81。

Posture 81 — Touching the Ground with the Tip of One Foot and Giving a Meeting Salute

Movements: Following the preceding posture, move the left foot a step forward to the left front, turn the body to the left front, touch the ground with the tip of the left foot by raising the heel, keep the right foot in the original position, stretch the left palm forward in an inverted way, clench the right fist and stretch it forward to place it opposite to the left palm and give a meeting salute, looking to the left front, as in Fig. 81.

圖 81
Fig. 81

第八十二式　子午雙掛拳

動作說明　承上式，左脚向左前方進上一步，膝下曲，右腿蹬直成子午馬，雙手成拳，由內向外一圈掛落，雙肘下沉，目注左前方，如圖82。

Posture 82 — Bowing One Leg Forward and Hanging Both Fists Down

Movements: Following the preceding posture, move the left foot a step forward to the left front, bend the knee, stretch the right leg to bow the left one forward, clench both fists and hang them down outward in circles from inside with both elbows sunk, looking to the left front, as in Fig. 82.

圖 82
Fig. 82

第八十三式　定式收拳

動作說明　承上式，左腳回收與右腳相併，身形直立，朝向左前方，雙拳回收腰旁，目注左前方成定式，如圖83。

Posture 83 – Concluding Gesture by Drawing Both Fists Back

Movements: Following the preceding posture, draw the left foot back to bring it close to the right one, stand upright to face the left front and draw both fists back to both sides of the waist, looking to the left front, which is the concluding gesture, as in Fig. 83.

圖 83
Fig. 83

Tsai Lee Fo Chia Pai Mo Chuan

Writer: Hui Tin Hing & Yan Sang

Publisher & Distributor: Yih Mei Book Co.
No. 7, Tin Lok Lan, G/F.,
Wanchai, Hong Kong.
Tel.: 5-745650 3-750240

© Yih Mei Book Co.

Copyright is reserved and any reproduction will be resorted to law.

The detailed list of books will be sent free on request.

First Edition September, 1985.

蔡李佛家白模拳

編著者：許田興・隱僧

出版兼發行者：藝美圖書公司
香港灣仔天樂里七號地下
電話：5-750240
5-745650

承印者：廣記印務公司
香港上環西街四十九號

一九八五年九月初版

版權所有・翻印必究

（圖書目錄函索即寄）